INSTRUCTIONS FOR URGENT CARE

If you don’t think you can keep yourself safe right now, ask someone to take you to the nearest emergency room or psychiatric crisis center. Or call the National Suicide Prevention Lifeline at 1-800-273-8255 or text HOME to 741741.

HELPLINES

A note: Many of these crisis resources could use restrictive interventions, such as wellness check by law enforcement or emergency services. There are some exceptions, including TransLifeline, which will not implement these restrictive measures unless consented. A warmline is least likely to use restrictive measures, but may still hold these policies. If contacting a crisis service, you can ask if this is a possibility at any point in your conversation.

NATIONAL SUICIDE PREVENTION CHATLINE
Text HOME to 741741 to chat with a trained crisis counselor for free anytime within the US to share and digest.

LGBTQ+ NATIONAL HELP CENTER
Call 1-88-843-4564; open to callers of all ages. Provides peer-counseling, information, and local resources.

TRANS LIFELINE
Call 1-877-566-8860. The hotline is staffed by transgender volunteers ready to respond to whatever needs community members might have.

SAFE PLACE
Text “SAFE” to 4HELP (44357). National youth outreach and prevention program for youth in need of immediate help and safety.

CALL BLACKLINE
Call (800) 604-5561. Aiding BIPOC and LGBTQ+ BIPOC through abuse, crisis, and mistreatment. Call for support and to report hate crimes.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255 or text HOME to 741741

SAFE PLACE
Text “SAFE” to 4HELP (44357). National youth outreach and prevention program for youth in need of immediate help and safety.
MENTAL HEALTH RESOURCES: DEPRESSION, SUICIDE, & ANXIETY

AMERICAN FOUNDATION FOR SUICIDE PREVENTION
Provides information about suicide, support for survivors, prevention, research, and more.

SUICIDE PREVENTION RESOURCE CENTER
This website has fact sheets on suicide by state and population characteristics, as well as other educational resources.

DEPRESSION SCREENING
Aimed at educating people about clinical depression, this website offers a confidential way for people to get screened for symptoms of depression and guide people towards appropriate help.

ANXIETY DISORDERS OF AMERICA ASSOCIATION
Promotes the diagnosis, treatment, and cure of anxiety disorders.

E-COUCH
This website provides information about emotional problems, what causes them, how to prevent them, and how to treat them. It also includes a set of evidence-based online interventions created to teach the user strategies to improve their mood and emotional state.

FREEDOM FROM FEAR
Provides information, screening tools, and more resources on many types of anxiety disorders.

Glossary
- American Association of Suicidology: Promotes research, public awareness and education, and training for professionals and volunteers.
- American Foundation for Suicide Prevention: Provides information about suicide, support for survivors, prevention, research, and more.
- Suicide Prevention Resource Center: This website has fact sheets on suicide by state and population characteristics, as well as other educational resources.
- Depression Screening: Aimed at educating people about clinical depression, this website offers a confidential way for people to get screened for symptoms of depression and guide people towards appropriate help.
- Anxiety Disorders of America Association: Promotes the diagnosis, treatment, and cure of anxiety disorders.
- E-Couch: This website provides information about emotional problems, what causes them, how to prevent them, and how to treat them. It also includes a set of evidence-based online interventions created to teach the user strategies to improve their mood and emotional state.
- Freedom from Fear: Provides information, screening tools, and more resources on many types of anxiety disorders.

Emergency Numbers:
- National Suicide Prevention Lifeline: 1-800-273-8255 or text HOME to 741741
- Warmlines: Speaking to someone on these calls are typically free, confidential, and run by people who understand what it’s like to struggle with mental health problems.
MENTAL HEALTH RESOURCES: SELF-HARM

RECOVERING FROM SELF-INJURY

A comprehensive guide to understanding self-injury, the recovery process, strategies for stopping, information on how to talk to someone about self-injury, and finding professional help.

FOCUS ADOLESCENT SERVICES

A residential treatment program for people who engage in self-injury. This website includes information about self-injury and about starting treatment.

SAFE ALTERNATIVES (SELF-ABUSE FINALLY ENDS)

This resource is designed for parents of kids with mental illness and covers a wide range of mental health problems, including a section on self-injury.

National Suicide Prevention Lifeline
1-800-273-8255 or text HOME to 741741
MENTAL HEALTH RESOURCES: EATING DISORDERS

NATIONAL EATING DISORDERS ASSOCIATION
Includes stories of recovery from eating disorders, information about seeking treatment and additional resources for school professionals and caregivers.

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS
This resource includes information about eating disorders, how to find treatment and support groups for those suffering and their families.

NATIONAL INSTITUTE OF MENTAL HEALTH
Includes links to more information about eating disorders.

EATING DISORDERS ANONYMOUS
Similar to the 12-step approach used by Alcoholics Anonymous, this resource lists nationwide meetings that can help those struggling with eating disorders.

OVEREATERS ANONYMOUS
Similar to the 12-step approach used by Alcoholics Anonymous, this resource lists nationwide meetings that can help those struggling with compulsive and binge eating.

HEALTH AT EVERY SIZE (HAES)
Body liberatory community with mental health, physical health, and advocacy resources following the HAES framework of social justice and health equality.

INTUITIVE EATING PROVIDERS
Counselors, dieticians, medical doctors, and related providers specializing in an evidence-based mind-body health approach to eating disorder recovery.
MENTAL HEALTH RESOURCES: PSYCHOSIS & PSYCHOTIC DISORDERS

**SCHIZOPHRENIA AND RELATED DISORDERS ALLIANCE OF AMERICA (SCHIZOPHRENICS ANONYMOUS)**
A collection of self-help groups established to support the recovery of people experiencing schizophrenia.

**SCHIZOPHRENIA.COM**
Provides information, support, and education to family members, caregivers, and individuals whose lives have been affected by schizophrenia.

**PENDULUM**
A nonprofit organization providing information on bipolar disorder. Includes book reviews, discussion forums, articles, and links to other resources.

**BRAIN & BEHAVIOR RESEARCH FOUNDATION**
Provides downloadable fact sheets on psychotic disorders.

**National Suicide Prevention Lifeline**
1-800-273-8255 or text HOME to 741741
MENTAL HEALTH RESOURCES: SUBSTANCE ABUSE & ADDICTION

CEN TERS FOR DISEASE CONTROL AND PREVENTION (SMOKEFREE.GOV)
Provides ideas about how to stop using tobacco. Includes downloadable resources and contacts for online and phone counseling.

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM
The lead agency in the United States for research on alcohol use disorders.

NATIONAL INSTITUTE ON DRUG ABUSE
Provides links to information for parents, teens, health professionals, teachers, and others about various substance use problems.

DRUG SCREENING
Drug screening site with a questionnaire to determine if you or someone you know may have a drug use problem.

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
Information on local resources for getting help for a substance use concern, fact sheets, and further information for friends, family members, and youth on talking about substance use.

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION
Information about substance use disorders for the public, families, health professionals, schools, and individuals. Includes a treatment finder to locate a substance use treatment provider near you.

AL-ANON AND ALATEEN
Provides information and support for the family members and friends of people with alcohol problems. Includes lists of meetings by location in the United States and Canada.

ALCOHOL SCREENING
Screening site with a test to gage your own or someone else's level of alcohol use. Includes advice about decreasing intake or getting professional help.

NARCOTICS ANONYMOUS AND ALCOHOLICS ANONYMOUS
Provides information, screening tools, and more resources on many types of anxiety disorders.

START YOUR RECOVERY
This resource works with experts in effectively treating substance use issues to offer people a single source of reliable, reliable information at any stage of recovery.

NATIONAL INSTITUTE ON SUBSTANCE ABUSE & MENTAL HEALTH SERVICES
Information on local resources for getting help for a substance use concern, fact sheets, and further information for friends, family members, and youth on talking about substance use.
MENTAL HEALTH RESOURCES: BIPOC

**BLACK AMERICANS**

**BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)**
An organization dedicated to removing the barriers that prevent Black Americans from mental health treatment.

**BLACK MENTAL WELLNESS**
Provides access to evidence-based information and resources about mental and behavioral health topics from a Black perspective.

**BLACK MEN**

**BLACK MEN HEAL**
Provides access to mental health treatment, psycho-education, and community resources to men of color.

**THERAPY FOR BLACK MEN**
A directory to help men of color find a therapist.

**BLACK WOMEN**

**BLACK WOMEN'S HEALTH IMPERATIVE**
A nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls.

**THERAPY FOR BLACK GIRLS**
A community dedicated to the wellness of Black women with a directory of Black therapists.

**SISTA AFYA COMMUNITY MENTAL WELLNESS**
Sustaining the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental well services.

**THE LOVELAND FOUNDATION**
Therapy funding available for Black women and girls.

**FINDING A BLACK THERAPIST**

**MELANIN & MENTAL HEALTH ALLIANCE**

**ASSOCIATION OF BLACK PSYCHOLOGISTS**

**NATIONAL SUICIDE PREVENTION LIFELINE**
1-800-273-8255 or text HOME to 741741

**CALL BLACKLINE**
Call (800) 604-5541. Aiding BIPOC and LGBTQ+ BIPOC through abuse, crisis, and mistreatment. Call for support and to report hate crimes.

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Aiding BIPOC and LGBTQ+ BIPOC through abuse, crisis, and mistreatment. Call for support and to report hate crimes.
MENTAL HEALTH RESOURCES: BIPOC

ASIAN, PACIFIC ISLANDER, & SOUTH ASIAN AMERICAN

ASIAN MENTAL HEALTH COLLECTIVE
A directory of APISAA therapists.

NATIONAL ASIAN AMERICAN PACIFIC ISLANDER MENTAL HEALTH ASSOCIATION
A collection of training, resources, and blogs dedicated to promoting the mental health and well being of the Asian American and Pacific Islander communities.

HISPANIC/LATINO/A/X

LATINX THERAPY
A Lantix therapist directory, podcasts, wellness resources, and training with the mission to destigmatize mental health in the Latinx community.

LATINX/HISPANIC COMMUNITIES & MENTAL HEALTH
Spanish speaking resources for general mental health, including a list of Spanish language materials and Spanish-language screening tools.

LGBTQ+POC

INCLUSIVE THERAPISTS
A directory of therapists specialized in working with the intersection of sexual, gender, and ethnic minorities.

NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK
A directory with an interactive digital map that helps QTPOC locate QTPOC mental health practitioners across the country.

YOUNG POC

THE STEVE FUND
Dedicated to the mental health and emotional well-being of students of color with special resources, programs, and services for coping with COVID-19.

TEEN MENTAL HEALTH
This website provides learning tools on a variety of mental illness and resources to help yourself and friends.

CALL BLACKLINE
Call (800) 604-5841. Aiding BIPOC and LGBTQ+ BIPOC through abuse, crisis, and mistreatment. Call for support and to report hate crimes.

National Suicide Prevention Lifeline
1-800-273-8255 or text HOME to 741741
MENTAL HEALTH RESOURCES: BIPOC

INDIAN COUNTRY CHILD TRAUMA CENTER
A SAMHSA-funded program established to develop training, technical assistance, program development and resources on trauma-informed care to tribal communities. Oklahoma City-based center specializes in treatment of Native American children that live with trauma and sexual abuse.

STRONGHEARTS NATIVE HELPLINE
StrongHearts Native Helpline is a domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally appropriate support daily from 7 a.m. to 10 p.m. CT via phone and online chat. StrongHearts Native Helpline’s one-on-one chat sessions with advocates can be accessed by clicking on the “Chat Now” icon at strongheartshelpline.org.

CIRCLES OF CARE
Describes the Substance Abuse and Mental Health Services Administration’s grant program, Circles of Care, which develops culturally appropriate interventions to serve youth with serious behavioral health challenges.

INDIAN HEALTH SERVICE
A Federal program for American Indians and Alaska Natives. Website includes FAQ for patients and a section on Behavior Health services in the AI/AN health care services.

ONE SKY CENTER
Provides resources and a “Find a Therapist” locator for treating mental health and substance use disorder within Native American communities.

INDIGINOUS PEOPLE
MENTAL HEALTH RESOURCES: LGBTQ+

**THE TREvor PROJECT**
Call 1-866-488-7386. A 24/7, free, and confidential suicide hotline for LGBTQ+ youth. Talk with a trained counselor if you are in crisis, are feeling suicidal, or are in need of a safe and judgement-free place to talk. Provides support and educational information for LGBTQ+ youth and their allies. Includes guidebooks to coming out and more.

**LAMbDA LEGAL**
Provides information about LGBTQ+ laws in all states and resources to LGBTQ+ youth by state.

**HUMAN RIGHTS CAMPAIGN**
The HRC encourages all LGBTQ+ Americans to live openly and works to educate members and allies to enhance equality.

**LGBT NATIONAL HELP CENTER**
Free and confidential peer-led support for LGBTQ+ people as well as local resources.

**HATE CRIME INFO & REPORTING**
Information on LGBTQ+ hate crimes, including rates, what’s being done, and how to report.

**ASEXUAL VISIBILITY**
The world’s largest online asexual community as well as an archive of resources on asexuality.

**NATIONAL CENTER FOR TRANSGENDER EQUALITY**
The NCTE provides self-help guides and information on current issues and legal rights for transgender individuals.

**IT GETS BETTER PROJECT**
View a stream of inspiring stories shared by members of the LGBTQ+ community and find youth support services near you.

**PFLAG**
Provides support to families and allies who are in need, through peer-to-peer meetings, online outreach, and telephone hotlines.

**BISEXUAL VISIBILITY**
A voice for the bisexual community: a place to share accurate information, answer questions, and share resources.
MENTAL HEALTH RESOURCES: TEENS & ABUSE

TEEN MENTAL HEALTH

This website provides learning tools on a variety of mental illness, videos, and resources.

(Youth Empowerment & Support)
Run by scientists at Stony Brook University with the goal to give teens (ages 11-17) a chance to learn about new ways of dealing with stress while helping other teens to do the same.

PROJECT YES

Provides information about six federal programs available for youth facing homelessness.

YOUTH.GOV

The “Your Feelings” section of this website offers guidance to teen girls by recognizing mental health problems, getting help, and talking to parents.

GIRLSHEALTH

Confidential hotline for anyone experiencing child abuse and/or seeking resources, information, and referrals to thousands of emergency social services and support resources (24/7 hotline: 1-800-422-4453).

CHILDHELP NATIONAL ABUSE HOTLINE

Text “LOVEIS” to 22522 to chat with a peer advocate about dating violence. Advocates offer support and education to teens, young adults, and concerned family/friends.

LOVE IS RESPECT

National Suicide Prevention Lifeline
1-800-273-8255 or text HOME to 741741

1 - 8 0 0 - 2 7 3 - 8 2 5 5  or
text HOME to 741741

National Suicide Prevention Lifeline
1-800-273-8255 or text HOME to 741741

1 - 8 0 0 - 2 7 3 - 8 2 5 5  or
text HOME to 741741
MENTAL HEALTH RESOURCES: GENERAL MENTAL HEALTH

**NATIONAL ALLIANCE ON MENTAL ILLNESS**

Speak with NAMI members (people living with mental illness and/or their family members) to exchange information about mental health professionals in your community.

Information on mental health, getting help, and taking action.

**MENTAL HEALTH AMERICA**

This resource is dedicated to spreading messages of recovery and empowerment to those struggling with mental illness. Provides information and advocacy resources.

**NATIONAL EMPOWERMENT CENTER**

Provides statistics pertaining to mental illnesses, including data by demographic.

**WORLD HEALTH ORGANIZATION (DISABILITY FROM MENTAL ILLNESS)**

Contains information on the global impact of mental illness.

**REACH OUT**

This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips and how to relax.

**STRENGTH OF US**

An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong, and achieve goals through peer support and resource sharing.

**HEALTH TALK**

This website reflects the lived experiences of those that have struggled with mental illness, including research-based modules with hours of recordings and analyses to offer education on different mental illnesses.

National Suicide Prevention Lifeline
1-800-273-8255 or text HOME to 741741
MENTAL HEALTH RESOURCES: FINDING A THERAPIST

AMERICAN PSYCHIATRIC ASSOCIATION
Call 1-888-357-7924, press 0

AMERICAN PSYCHOLOGICAL ASSOCIATION
Call 1-800-964-2000

US SUBSTANCE AND MENTAL HEALTH SERVICES ADMINISTRATION

AMERICAN ASSOCIATION OF COGNITIVE BEHAVIORAL THERAPY

DIALECTICAL BEHAVIORAL THERAPY THERAPISTS

Other options include:
Asking your primary care physician or pediatrician for mental health professional referrals, contacting your insurance company for a list of mental health care providers included in your insurance plan, or visiting a psychiatry department at a local teaching hospital or medical school.
Mental Health Resources: Helpful Apps

**Mindfulness for Teens**
This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings.

**Calm**
App for sleep aid, meditation, mindfulness, and guided relaxation.

**SonderMind**
Connect with a licensed therapist who accepts your insurance and is able to meet online or in-person.

**MindShift**
Designed specifically for teens and young adults with anxiety, this app guides the user through ways of changing thinking patterns around anxiety and ride out intense emotions.

**What’s Up**
Use Cognitive Behavioral Therapy and Acceptance Commitment Therapy methods to help you cope with depression, anxiety, and stress. Includes a positive and negative habit tracker and programs for grounding and stopping negative internal monologues.

**PTSD Coach**
PTSD Coach offers self-assessments, resources for finding support, guided positive self-talk, and anger management to aid those struggling with PTSD.

**MOODkit**
Uses tools from Cognitive Behavioral Therapy to provide over 200 different mood improvement activities.

**NoCD**
Designed to track OCD behaviors, guide users through episodes, and provide weekly severity assessments.

**Schizophrenia Health Storylines**
Makes it easier for those with schizophrenia to track symptoms and monitor mood and medications. Set medication and appointment reminders, track questions for a clinician, note symptoms, and connect with a free support system.

**CALMHarm**
A free app to help manage the urge to self-harm.